

The Ultimate Vegan Baking Cheat Sheet

Many of your favourite recipes can easily be made vegan by substituting a few key ingredients. Use this list to get started!

Eggs: They're Not All They're Cracked Up to Be

Millions of newborn male chicks are killed every year in India, using cruel methods such as burning and drowning, because they are considered worthless by the egg industry.



First, you need to determine why your recipe calls for eggs. Then, use one of the following to replace each egg in your recipe.



Is it for leavening?

The final product will be light and fluffy.

2 tsp baking soda +
2 Tbsp warm water

2 tsp baking soda +
2 Tbsp warm water + 1/2 tsp oil

1 tsp baker's yeast dissolved in 1/4
cup warm water

Orgran No Egg Egg Replacer
(follow the instructions on the packet)

Flaxseed

Is it for binding?

The final product will be dense and thick.

YesYouCan Vegan Egg Replacer
(follow the instructions on the packet)

2 Tbsp potato starch + 2 Tbsp water

2 Tbsp instant mashed potatoes

Cornstarch



Egg Replacer in Custards and Tarts

→ Replace each egg with 1/4 cup puréed soft tofu.

Tip: If you're in a pinch, a can of diet soda can be used to replace 2 eggs in many cake recipes, and it won't add any calories!

Tip: If you need to replace just an egg white, try 1 Tbsp plain agar powder dissolved in 1 Tbsp water, whipped, chilled, and whipped again for each egg white.



Aquafaba:

It's the liquid left over from cooked chickpeas. Simply reserve the liquid when draining cooked chickpeas. It can be added to recipes without whipping as an egg binder or after whipping as an egg white substitute.

3 Tbsp of aquafaba equals 1 egg

Margarine: Are You Trying to Butter Me Up?

A cow's natural life span is about 25 years, but cows used by the dairy industry are killed after a mere four or five years of confinement and misery.

Use one of the recommended products listed below, and when baking, simply substitute the butter with the same amount of plant-based butter:

- Coconut milk
- WhiteCub Vegan Butterly
- One Good Butter
- Homecraft Butter
- Grabenord "Not a Dairy Butter"

Tip: For baking, always use full-fat margarine, not light.



Flaxseed Egg Replacer

1 Tbsp ground flaxseeds
3 Tbsp water

Mix until well combined and gelatinous.

Replaces 1 egg

Cornstarch Egg Replacer

2 Tbsp cornstarch
2 Tbsp water

Mix until well combined and gelatinous.

Replaces 1 egg

Dairy: Don't Steal From a Baby!

Cows produce milk for the same reason humans and other mammals do – to nourish their young – but their babies are taken away from them shortly after birth.



Replace cows' milk in your recipe with equal amounts of these:

- Soy milk (better for rich desserts)
- Coconut milk (better for rich desserts)
- Almond milk
- Oat milk

Tip: Be sure to purchase unsweetened flavours for baking. Otherwise, you may get a slightly sweeter finished product.

Buttermilk Replacer

1 cup unsweetened soy milk
2 Tbsp lemon juice or vinegar

Combine the ingredients in a mixing bowl and whisk until creamy.

Equal to 1 cup buttermilk

Sweetened Condensed Milk Replacer

2 1/2 cups soy milk
6 Tbsp vegan margarine
1/2 cup sugar
Dash salt

Heat the soy milk in a pan until boiling.

In a separate pan, melt the vegan margarine over medium heat. Add the sugar.

When the sugar begins to melt, add the hot soy milk and the salt.

Boil gently and stir for approximately 5 minutes.

Makes approx 400 g

Follow these tips and you'll be baking treats like these in no time!



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